海外招請講演 2



Shifting Paradigms in Pain Management：Professionalism and Evidence-Based Practice in Korean Musculoskeletal Physical Therapy

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I. The Paradigm Shift in Pain Science

Modern pain science is rapidly transitioning from a traditional, tissue-centric model to a comprehensive, patient-centered framework. This shift is driven by the recognition that pain intensity often does not correlate with the severity of objective tissue damage. Central to this understanding is Central Sensitization, which views pain as a hypersensitivity of the nervous system rather than a localized peripheral issue. Therefore, physical therapists must go beyond the Biopsychosocial model's basic application, addressing psychological factors and social environments that contribute to pain chronicity through effective patient education and strategic clinical approaches.

II. The Development of Physical Therapy in Korea

Since its formal inception in 1963, Korean physical therapy has undergone significant academic advancement. A major milestone was the 1979 establishment of the first four-year Bachelor's program at Yonsei University, which catalyzed advanced research and the growth of graduate education. Currently, Korea operates 88 educational institutions and 44 graduate departments. Furthermore, legislation is now standardizing all physical therapy education into a four-year system by 2025, ensuring a higher baseline of professional competence.

III. Specialization and Future Directions

In the musculoskeletal domain, Korea has fostered high-level expertise through over 20 years of producing certified orthopedic manual therapists. The field is now diversifying into specialized niches such as pelvic health, sarcopenia, and joint hypermobility. Looking forward, Korean physical therapy is poised to establish a new "gold standard" by integrating Evidence-Based Practice（EBP）with a refined BPS model. This evolution marks a transition from empirical, experience-based treatment to data-driven, holistic patient management.

Biography

【Education】
Ph.D., Science in Public Health,[Keimyung University], Korea,（1994～1998）
MPH., Science in Public Health,[Yonsei University], Korea,（1988～1990）
B.Sc., Physical Therapy,[Yonsei University], Korea,（1982～1986）

【Professional Experience】
Professor, Department of Physical Therapy, Daejeon University, Korea（2016～Present）
Professor, Department of Physical Therapy, Catholic University of Pusan, Korea（2000～2006）
Professor, Department of Physical Therapy, Andong Science University, Korea（1988～2000）
Physical Therapist, Department of Rehabilitation Medicine, Yonsei University Hospital, Korea（Former）
Former Dean, College of Health and Medical Science, Daejeon University, Korea
Consultant, Workplace Musculoskeletal Disorders Diagnosis and Treatment Programs（Former）

【Academic and Professional Leadership】
President, Korean Musculoskeletal Physiotherapy Research Society（KIMSKP）
Instructor, Introductory Course & Functional Taping Course（Korean Academy of Orthopedic Manual Physical Therapy）
Former Roles：
President, Korean Academy of Orthopedic Manual Physical Therapy（KAOMPT）
Co-President, Korean Federation of Orthopedic Manual Physical Therapists（KFOMPT）
Chairman, Korean Society of Advanced Physical Therapy
Editor-in-Chief, Journal of the Korean Academy of Orthopedic Manual Physical Therapy

【Publications and Research Output】
More than 225 peer-reviewed articles published across a range of domestic and international journals.
More than 35 years of research and clinical experience in physical therapy

【Research Interests】
Physical therapy for musculoskeletal injuries, Manual therapy and exercise therapy, Sling exercise therapy, Therapeutic taping